

You can prevent falls:

Fact Sheet No. 5

By following these tips!

To improve your chances of keeping safe and not falling, use the following list and post in a convenient spot for frequent checking.

- Be physically active every day — exercise for strength and balance.
- Eat regular, well-balanced meals.
- Keep your home and garden free of hazards.
- Install aids around your home such as grab bars, railings and non-slip surfaces.
- Keep your pathways and steps free of ice, snow, newspapers and leaves.
- Plan your outings to allow plenty of time — never rush.
- Use walking/balancing/hearing/seeing aids.
- Always remove your reading glasses when you're walking.
- Ask for assistance with heavy work.
- Keep an eye out for dangers and hazards; inform the proper officials of any unsafe condition.
- Manage and monitor your medications properly (check with your doctor or pharmacist).

KEEP SAFE!

Please feel free to photocopy this Fact Sheet!

